

Manes can be clipped but tails should be left long but trimmed.

Too much washing will spoil skin on coat. Not washed in cold weather. A sweating horse may be washed once in a while but must be dried off & walked.

Results - Healthy horse. Characteristics of a healthy horse - erect, keen & lively. Way he stands on feet. Position of 4 ft. Stands squarely.

Loose skin - Horses pulse 36-40 beats a minute. Vein under jaw. Respiration at rest 1 breath to 4 heartbeats. Temp. 100° (approx.)

Common Diseases. - Cold, pneumonia, lock jaws, stomach aches, etc.

Cleanliness & fresh air. ~~black~~ Cholic. centers in muscles of intestines. Indication bending around hitting its flank & wants to roll. Changes in feed have to be watched carefully. Long drink of cold water after exertion. Treatment soda & water. 12 leaves - broken wind. Disease of the wind.

Splint - gristly bone. From strain. Don't make horse lame.

Sprains take shoes off & let foot stand naturally on ground & bath in cold water.

Swelling caused from sprain. Swelling below loc.

Big sprain on front of leg.



Liniments.

Disinfectives

Raw linseed oil.

Put or sore back on top of wither or near it from incorrect placement of saddle.

Birth galls from irritation of girth

Cuts - keep clean. Lots of hot water.

For tender hided horse keep salt water in stable so horse can be bathed after all rides. Toughens hide. Keep horse & saddle clean.

Shoes changed once a month at least.

Foot oval at bottom. Frog - soft, porous and full of blood vessels. Acts as pump keeps circulation in leg going.

Stone bruised in sole.



## Golf Progression.

1. Stance
2. Grip
3. Address.

1. Consistent or hitting not. Square a line of flight 2 ft with it L' 11. Ball opp L. toe. Varies w build of player. Toes effect play. Obj.

Ridgeon toe - hooking.

Toes out - slicing.

Rt toe out Lt toe natural - hooking.

Ft 2 far apart -

Width <sup>less</sup> shorter shot.

2. Overlapping most common. 1st. finger of Rt hd rests upon 1<sup>st</sup> & 2<sup>nd</sup> & betw knuckles of Lt. Hd. Firm to prevent slipping bet not force. Too strong tightens wrist & H-A. Don't have - Rt <sup>to far</sup> over Lt - hooking.  
Rt to far under shaft. slicing.

Never use set of odd clubs.

3. Pos. of H. shld, hds., hips, kns & ft.

H turned slightly to Rt, Lt eye fixed on bk of ball. Shlds & hips 11 to line of shot - Lt higher than Rt. -

Swing -

1. Back - Turn to rt. of Lt. hip. Wt transfer to Rt. hip & assume simultaneous  
Take Club Rd. bk along 252



ground.

Rt elbow sends.

Lt. foot leaves ground & Lt. arm sends toward it.

Rigidity or stiffness avoided. <sup>At top of bk swing are</sup> Wt. thrown  
up to left foot. Wt. & A tucked in at  
side & A strain as poss. Lt. shld  
pointing to ball & remains in address  
pos.

- 1.
2. Bend knees - lose heel.
3. Reach. 2 far - loss of control.
4. Rt elbow out from side - shallow hit.

Down Swing -

1. Not letting club A make own O-cuts.
2. Drop. Lt shld - slicing.
3. Skinned shot
4. Taking i's off & following A. of club -

Cutting -

1. A. over line of shot
2. Ball struck in pendul. fashion.

Note texture of grass. Rain slow green.  
Points 2 review.

1. Take time.
2. No follow thru.
3. Club face in direct contact w ball.
4. Keep eyes on ball.



Iron Play-

● All shots hit down. All played to green.

Remember -

1. Push fwd. slightly w. it kn.
2. Bk sw w. wt foll
3. Stance sq. H & hds
4. Dist <sup>betw</sup> from player & ball - comfortable.
5. Wt on heels
6. Hinging sw

● Wooden Clubs.

Spoon.

Usually shot to green. C.H. hit ball travel on

Brassing -

Driver -

Ball hit flat on bk. so little under spin as poss. Never hit down

1. Pos. of lt ft at top of sw.
2. 1. " legs.

● Don't let lt ft leave ground as tends too much on it. Keep 2 ft on it

Never raise lt heel off ground

Faults of

Driver - slicing.

Wooden - Topping.

Iron - scooping ball in air

Putting - short of hole.

That



Field Hockey.  
1940 - 41.

## Hockey.

A.

I

Strokes and passes.

(1)

Dribbling.

(2) Push-Pass.

(3) Drive.

(4) Scoop.



(5) Bully - (3 types)

(6) Roll in.

14. Tackle (mimeographed outline.)

(1) Left hand lunge.

(2) Circular tackle.



III Dodges -

(1) To right ball to left.

(2) To right ball to right.

(3) To right ball to left (reverse stick)